

## Chapter DCF 252

## APPENDIX B

## CACFS Meal Pattern Requirements — Ages 3 to 12

The meal pattern shall contain, a minimum, each of the following components in the amounts indicated for the specific age group.

	Age 3, 4, & 5	Age 6 up to 12
<b>BREAKFAST</b>		
1. Milk, fluid	3/4 cup	1 cup
2. Juice, <sup>a</sup> fruit or vegetable <b>or</b> Fruit(s) or vegetable(s)	1/2 cup 1/2 cup	1/2 cup 1/2 cup
3. Grains/Breads: <sup>b</sup>		
Bread	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc <sup>b</sup>	1/2 serving	1 serving
Cereal:		
Cold dry	1/3 cup or 1/2 oz <sup>c</sup>	3/4 cup or 1 oz <sup>c</sup>
Hot cooked	1/4 cup	1/2 cup
Cooked pasta or noodle products	1/4 cup	1/2 cup
<b>LUNCH OR SUPPER</b>		
1. Milk	3/4 cup	1 cup
2. Meat or meat alternate:		
Meat, poultry, fish, cheese	1+1/2 oz	2 oz
Alternate protein products <sup>g</sup>	1+1/2 oz	2 oz
Yogurt, plain or flavored, unsweetened or sweetened	6 oz or 3/4 cup	8 oz or 1 cup
Egg	3/4 egg	1 egg
Cooked dry beans or peas	3/8 cup	1/2 cup
Peanut butter or other nut or seed butter	3 Tbsp.	4 Tbsp.
Peanuts or soynuts or tree nuts or seeds	3/4 oz = 50% <sup>d</sup>	1 oz = 50% <sup>d</sup>
3. Vegetable and/or fruit <sup>e</sup> (at least two)	1/2 cup total	3/4 cup total
4. Grains/Breads: <sup>b</sup>		
Bread	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc <sup>b</sup>	1/2 serving	1 serving
Cereal, hot cooked	1/4 cup	1/2 cup
Cereal, cold, dry	1/3 cup or 1/2 oz <sup>c</sup>	3/4 cup or 1 oz <sup>c</sup>
Cooked pasta or noodle products	1/4 cup	1/2 cup

## SUPPLEMENT

Select two of the following four components:

1. Milk	1/2 cup	1 cup
2. Juice, <sup>a,f</sup> fruit or vegetable <b>or</b> Fruit(s) or vegetable(s)	1/2 cup 1/2 cup	3/4 cup 3/4 cup
3. Grains/Breads: <sup>b</sup>		
Bread	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc <sup>b</sup>	1/2 serving	1 serving
Cereal:		
Cold dry	1/3 cup or 1/2 oz <sup>c</sup>	3/4 cup or 1 oz <sup>c</sup>
Hot cooked	1/4 cup	1/2 cup
4. Meat or meat alternate		
Meat, poultry, fish, cheese	1/2 oz	1 oz
Alternate protein products <sup>g</sup>	1/2 oz	1 oz
Egg, Large <sup>h</sup>	1/2 egg	1/2 egg
Cooked dry beans or peas	1/8 cup	1/4 cup
Peanut butter or other nut or seed butter	1 Tbsp.	2 Tbsp.
Peanuts or soynuts or tree nuts or seeds	1/2 oz	1 oz
Yogurt, plain or flavored, unsweetened or sweetened	2 oz or 1/4 cup	4 oz or 1/2 cup

<sup>a</sup> Must be full strength fruit or vegetable juice.

<sup>b</sup> Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched, cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.

<sup>c</sup> Either volume (cup) or weight (oz), whichever is less.

<sup>d</sup> No more than 50% of the requirement shall be met with tree nuts or seeds. Tree nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.

<sup>e</sup> Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

<sup>f</sup> Juice may not be served when milk is the only other component.

<sup>g</sup> Alternate protein products may be used as acceptable meat alternates. These products must meet the requirements of Attachment E of PI-1486.

<sup>h</sup> One-half egg meets the required minimum amount (one-ounce or less) of meat alternate.